



# COMMUNITY NEWS

District 3

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## IN THIS ISSUE

1	Drug Abuse Prevention
2	Survey Sez
3	Message from Commander Duggan
4	Signs and Symptoms of Drug Use

## DRUG ABUSE PREVENTION

By Officer Eric Williams

Ever since I started writing this newsletter I have wanted to devote an issue to drug abuse prevention. With "Spring Break" fast approaching and an increase in drug use during the spring and summer months, I thought now would be a good time to address this community issue. As a School Resource Officer for the last seven years, I have witnessed the devastating effects drugs can have on the individual, the family and the community. However, I have also seen the tremendous benefit of prevention and education efforts that involve both children and their parents. With that said, I will attempt to provide you with information that will help you understand the drug culture and how to prevent your children from becoming its victim.

The first and most important thing to know is that **YOU** are the most effective and influential force in preventing your child's drug use. Believe it or not, **PARENTAL CONSEQUENCES** was the number one reason a child decided not to use drugs.

I cannot stress enough how critical it is to be involved as a parent in your child's life. Let's face it, these days it takes a little more effort. Many families have both parents working, kids are much more independent and we strive to provide opportunities for our children that take them outside of the home. For these and many other reasons, parents need to focus on what is occurring in their child's life and be willing to speak with them when they are concerned something might be wrong.

Continued on page 2

## MESSAGE FROM COMMANDER DUGGAN



Our second operational goal, *respond promptly to calls for service*, is our primary service level item. We strive to respond to emergency calls for service in less than six minutes. Other non-emergency calls are prioritized and often take longer for officers to respond. Because we are the largest police district in the city in terms of population and geography, we are committed to ensuring our beat officers remain in their assigned beat areas whenever possible. District 3 encompasses nearly two thirds of the geographic area of the city and serves well over 90,000 residents. Therefore, it is crucial for officers to remain in their beat in order to ensure a timely response.

In addition to preventing crime, enforcing traffic laws and arresting criminals, officers must perform a number of administrative duties which requires them to have access to the department's internal computer system. Historically, officers had to remain in, or return to, their district station to access this system. Each time an officer returned to the station he or she created a void in road coverage, which potentially affected response times.

To address this issue, the police department partnered with local businesses that offered space to house officers in off-site beat offices. Many of the offices contain computer systems that allow officers to conduct their administrative work without having to leave their assigned beat area. As a result, response times are kept to a minimum and officers are less likely to have to travel to their district station to conduct administrative business.

Sean Duggan  
District 3 Commander

## DRUG ABUSE PREVENTION (continued)

The following is a list of things you can do as a parent to help prevent drug use by your children.:

- Become an expert on the drugs your child may be exposed to while at school or away from home.
- Start early. According to National Survey on Drug Use and Health, drug use typically begins at age 12 with over eight percent of 12 year olds surveyed reporting monthly drug use.
- Speak with your child openly and honestly about drugs, their effects and how they can destroy lives. Communicate your expectation that your children remain drug free and outline the consequences if they do not.
- Encourage your child to come to you when they have a question about drugs or have been exposed to or offered drugs.
- Role-play with your child things they should do and say if they are offered drugs.
- Educate yourself on drug culture indicators such as terminology, clothing, websites promoting drug use and music groups that encourage drug use.
- Know your child's friends, where they live and their contact information.
- Meet your child's friends' parents, visit their homes and share with them your expectations if your child will be spending the night at their home.
- Be able to recognize the signs and symptoms of alcohol and drug abuse.
- If you become suspicious that your child is using drugs be prepared to search his or her backpack, room, vehicle or anywhere else you think there may be hidden drugs.
- For more information on drug prevention and intervention strategies please visit the following websites:
  - [www.notmykid.org](http://www.notmykid.org)
  - [www.dea.gov](http://www.dea.gov)
  - [www.drugfree.org](http://www.drugfree.org)



### CRIME TREND

Last month we noticed an increase in residential burglaries throughout the District. These burglaries are occurring primarily on Friday and Saturday nights between the hours of 6:00pm and 9:00pm. The houses being targeted back up to golf courses or green belt areas allowing the burglars to watch the house from a distance and wait until people leave for dinner or a movie.

Many houses had open rear arcadia doors or windows that allowed easy access to the home. Several homes had alarms but they had not been activated.

Please remember if you are leaving your home even for a short time to lock all your doors and windows and be sure to set your alarm. If you see anyone loitering on a golf course or green belt that seems suspicious please contact the police department.



### SURVEY SEZ

As part of a National Institute of Drug Abuse survey, High School Seniors were asked about their drug use. The results may surprise you:



**78.4% had used alcohol**



**47.8% had used marijuana**



**11.4% had abused prescription drugs**



## POSSIBLE SIGNS OF DRUG USE

Some of these indicators may simply be the result of normal adolescent behavior. However a combination of several of these signs may be an indicator of drug use.

Change in overall attitude/personality with no other identifiable cause.

Changes in friends, new hangouts, sudden avoidance of old crowd, doesn't want to talk about new friends, friends are known drug users.

Change in activities or hobbies.

Drop in grades at school or performance at work, skips school or is late for school.

Change in habits at home, loss of interest in family and family activities.

Difficulty in paying attention, forgetfulness.

General lack of motivation, energy, self-esteem, "I don't care" attitude.

Sudden over sensitivity, temper tantrums, or resentful behavior.

Moodiness, irritability, or nervousness.

Silliness or giddiness.

Excessive need for privacy, unreachable.

Secretive or suspicious behavior, paranoia

Chronic dishonesty.

Unexplained need for money, stealing money or items.

Change in personal grooming habits.

Possession of drug paraphernalia.

Loss of appetite, increase in appetite, any changes in eating habits, unexplained weight loss or gain.

Slowed or staggering walk, poor physical coordination.

Inability to sleep, awake at unusual times, unusual laziness.

Red, watery eyes, pupils larger or smaller than usual, blank stare.

Smell of substance on breath, body or clothes.

Extreme hyperactivity; excessive talkativeness.

## CALENDAR OF EVENTS



### Family Safety Fairs

March 19<sup>th</sup> 9:00am to 1:00pm  
4925 E. Carefree Hwy at the Home Depot

March 26<sup>th</sup> 9:30am to 2:30pm  
Kierland Commons  
Northwest Corner of  
Scottsdale Rd. and Greenway

## WHAT DO THE FOLLOWING ITEMS HAVE IN COMMON?



**THEY ARE ALL ASSOCIATED WITH THE DRUG CULTURE. REMEMBER, EDUCATION IS THE KEY!**